

Take Control...

Prevent Lyme Disease

How to Protect Your Family

Vaccine — No vaccine is currently available. LYMERix™, the only Lyme disease vaccine, was pulled from the market in February 2002 due to possible side effects. New techniques are being researched.

Prevalence -- Virginia continues to see fewer cases of Lyme disease per year than the northeastern U.S. However, reported cases in Virginia jumped 165 percent from 2006 to 2007. Between 1995 and 2004, reported cases of the disease averaged about 30/yr. In 2005, there were 121 cases, & Virginia averaged about 126 cases/yr over the last two yrs. Chesapeake had seven (7) cases reported in year 2006 and eleven (11) in year 2007.

Symptoms -- are variable and can be construed as symptoms of other diseases. Some of these symptoms include painful and swollen joints, muscle pain & cramping, headache, Bell's Palsy, memory loss, dementia, neuropsychiatric disorders, mood swings, sleep disturbance, vision & hearing problems, upset stomach, heart palpitations or heart attack, sexual dysfunction, extreme fatigue

Current tests are not consistently reliable. Therefore, diagnosis is based largely on an individual's symptoms, medical history & recollection of tick exposure. One cannot build up immunity to Lyme disease, and an individual can contract the infection multiple times despite proper treatment each time..

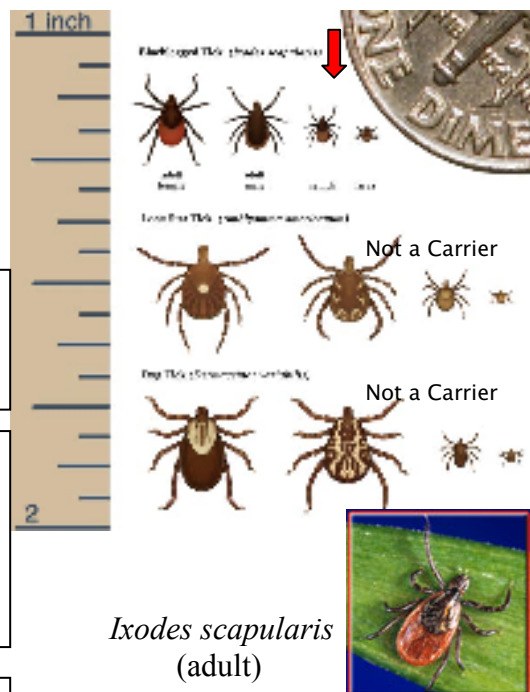
Minimize Risk of Exposure –

- ❑ Before going outdoors, spray skin with a DEET product and clothing with a Permethian repellent. Permethian should **NOT** be applied directly to the skin. Products containing DEET, when applied to the skin, are most effective. Wear long pants, long sleeves and high socks when walking through wooded areas, preferably tucking pants' legs into socks or boots.
- ❑ When outdoors, use a ground cover rather than sitting directly on a lawn, stone walls or logs.
- ❑ When walking in wooded areas, stay to the center of trail or walkway, avoiding contact with bushes & tall grass.
- ❑ After outdoor activity, shower and check skin, including scalp, thoroughly for ticks. Check children carefully after outdoor play. Wash clothing immediately rather than dropping it on the floor.
- ❑ If a tick is found on the skin, remove it with fine-pointed tweezers. Grab the tick near its head, and carefully but firmly pull it off. Clean the bite site with alcohol immediately. Check for any rash or skin irritation that may arise later, and if present, consult your doctor.

Tests that may detect Lyme disease -- The ELISA (enzyme-linked immunosorbent assay), or Lyme titer test & the Western blot test often have false results.. The PCR (polymerase chain reaction) analysis looks for evidence of Lyme bacteria in blood, urine or tissue by replicating a strand of a person's DNA in a laboratory. This method usually requires multiple tests, though experts say that, when positive, this test is extremely reliable for detecting Lyme..

For more information, please contact Chesapeake Health Department, 382-8642,

or visit our website: <http://www.vdh.virginia.gov/LHD/Chesapeake/index.htm>



Tick Vector -- Lyme disease is the most common vector-borne disease in the U.S., causing approx. 25,000 new cases each year. The nymph stage of the tiny deer tick, Ixodes scapularis, is the carrier. Any pet that has access to the outdoors should be checked regularly for ticks and be treated with an appropriate tick preventive.

Additional Resources—

Lyme Disease Association, Inc.
(888) 366-6611 or www.lymediseaseassociation.org
International Lyme and Associated Diseases Society
www.ilads.org
Lyme Disease Foundation 24-hour Hotline
1-800-886-LYME
Infectious Diseases Society of America
www.idsociety.org
Centers for Disease Control and Prevention
www.cdc.gov

Virginia Department of Health

www.vdh.virginia.gov

Southeastern Virginia Lyme Disease Support Group
Meets monthly; next meeting is Sat., March 15, at 1:15 p.m., at the Virginia Beach Central Library, 4100 Virginia Beach Blvd., Va. Beach.
Call (757) 385-0150 or visit <http://lymedisease.meetup.com/70/>.

